Principal’s Message

Year 7 and 11 Camps
I was fortunate to visit The Great Aussie Bush Camp and spend some time with our Year 7 and 11 students. It was a great opportunity for me to see the students engaged in a range of activities which were designed to provide each student with a personal challenge and activities which also promoted the development of skills necessary for each student to be part of a successful team. As usual, our students worked very well together and were complimented by the camp staff for their cooperation and enthusiasm. The weather was perfect as was the organisation and thanks must go to Mrs Rankin, Mrs Middleton and Mr Hodson along with the school staff who attended, for making this outstanding opportunity available to the students. Thanks also to parents for your ongoing support of these worthwhile activities.

Professional Learning
Recently the school executive was involved in a professional learning conference with Cheryl Russell, a guest presenter from the Board of Studies. As a leadership team we looked at a number of areas that relate to our students including the Record of School Achievement (RoSA), new syllabuses related to the Australian Curriculum, the Higher School Certificate and a new on-line tool to assist with future programming. Cheryl was able to answer many questions relating to the current and possible future changes to the NSW curriculum. At the start of Term 2 the DEC has set aside the first two days as School Development Days. Building on the information provided by Cheryl, we have engaged two keynote speakers to work with us in the areas of Programming for Gifted Learners and Student Handwriting. Over these two days, staff will also be involved in either finalising new programs in some courses to be introduced to Years 7 and 9 in 2014 or reviewing and renewing existing learning programs.

Year 7 Wine and Cheese
Thanks to our P&C, and in particular the current executive, for organising this recent event for the parents of our new Year 7 students. We have been running this program for a number of years now and we received very favourable responses from those parents who attended. It was great to speak with many of the parents on the night and it was good to see parents actively seeking out parents and teachers who had an association with their child’s class. Thanks also must go to Mitchell and Elizabeth of Year 7 who put together some excellent audio/visual presentation of Year 7 so far with photos from the first day at school, the swimming carnival and of course the camp.

Parent Involvement
As a school community we are very fortunate to have parents who are willing to engage in different aspects of the school. Each year our parent community contribute in many areas including funding to support aspects of teaching and learning within the school, membership of selection panels, management of the Uniform Shop, support of and transport to many different co-curricular activities and support of our extensive music programs through the Music Support Group just to name a few. Both the MSG and the P&C are always happy to welcome new members. The P&C in particular has a number of members of its executive with students in Year 12. While these parents have expressed a willingness to be involved during 2013 it would be great if new parents would be prepared to work with the executive to ensure a smooth transition into 2014. The AGM is on Tuesday 26 March but please come along to any meeting, on the last Tuesday of the month in the Library Meeting Room, and make your interest known to a member of the executive.

New Website
This year John Smytheman, our TAS Head Teacher, has introduced a new website to the school community. Based on a template supplied by the DEC, this site contains a lot of information which relates both to the school and to the wider DEC community. We are continuing to develop various aspects of the site and John recently spent time with the school executive discussing future directions for the website. One excellent feature is the interactive calendar which allows both parents and students to easily keep track of upcoming events.

Staff News
We are fortunate to welcome a new staff member to our school community. Kylie Davis has joined our English faculty following a number of years working at Hurststone Agricultural High School. She brings to Caringbah experience with gifted and talented students in all aspects of learning and student welfare and will be an asset to our staff team. Thanks go to Donna Brown who has been relieving in this position since the start of the year. Donna will now move back to her Learning Support role with some of our senior students.
Phoebe Y7, Beth, Kate and Michael Y9 and Caleb Y10 – members of the Sydney Region Choir will be performing for the Arts Unit program, INCONCERT, with the renowned conductors Brett Weymark (Philharmonia Choirs) and Elizabeth Scott (Arts Unit and Conservatorium of Music).

Dylan Y9 and Jackson Y8 – accepted into the Sydney Region Band’s Middle School Ensemble and will be attending the Caringbah North Spring Fair and are also invited to play at the Powerhouse Museum.

Phoebe Y7 Beth Y9 and Caleb Y10 – members of the Sydney Region Choir and will be performing in the ‘Voices’ of Sydney.

Mock Trial Team – defeated St. George Girls’ High in round 1 of the Mock Trial Competition.

Michael N Y12 – competed in the State Athletics Team in Perth at the Australian Junior Championships. Michael was also successful in gaining a place in the NSW Public Schools Dance Ensemble – Senior Dance Company.

Michael W Y8 – selected in the Regional Team and will compete in the Greater Metropolitan Australian Rules Carnival at Carnes Hill.

Laura Y11 – selected as a NSW All Schools Team Member in Softball. Laura is named in the 2013 U/17 Australian Softball squad.

Samantha Y11 – received 1st place in the 100m (12.08 secs) at the National Athletics Championships held in Perth.

Tabitha Y8 – attending State Nippers at Umina.

Ashley Y11 – selected as a NSW All Schools Team Member in Waterpolo.

Kim Y11 – received 5th place in the 800m at the National Athletics Championships held in Perth.

Open Boys’ Basketball – defeated James Cook High 40-11. Well done! (more info inside)

Congratulations to all our swimmers who helped achieve third overall at the Zone Carnival.

School Swimming Age Champions: Romy, Georgia, Alexander, Connor Y7, Catrina, Darcy Y8, Daniel Y9, Nicole, Kathy, David Y10, Kiani & Thomas Y11.

The following students broke records at the Zone carnival:
Kathy - Girls 15-16 200 IM (beat it by over 5 seconds)
Alexander - Boys 13 50m Backstroke, Boys 13 50m Butterfly, Boys 13 50m Freestyle.

Zone Age Champions – Alexander Y7, Catrina Y8 and Kathy Y10

Alexander, Connor, Kathy Y7 Catrina & Sarah Y8 – selected to represent the Sydney East Region in the Swimming team to compete at the NSWCHSSA Carnival.

Congratulations to Interact Members who with the support of Year 9 SRC and the Caringbah High Community raised funds for the Leukaemia Foundation.

Music Support Group

The very entertaining first Music Interlude took place last Wednesday, 20th March. Thank you to all the teachers, tutors, and students (musicians, sound and stage crew) who made it a fantastic evening. Thanks too of course to the guests for their support of the students, enabling them to showcase the talents they’ve been working very hard to develop. You might want to note that Music Interlude 2 is scheduled for Wednesday 29th May, and will be a fabulous ‘Singers Night’ this time. An invitation is extended to parents to attend the next meeting of the Music Support Group; to be held on Tuesday, 2nd April at 7:30pm.
Our New School Website has been launched

The website is designed to improve communication with the school community, in particular parents and students. The website is easily accessible from home and contains all the information that parents need to know. The website provides important information about our school, including our curriculum and activities, policies, academic opportunities, learning support and welfare.

The school years section helps you get to know the important highlights of your child's learning activities from year to year. Click on each year to find out about the focus of your child's learning, any upcoming national or state tests or assessments, and how to help them prepare for transitions as they progress through school.

Upcoming events are displayed in the calendar and communicate what's happening at the school. Each event is highlighted on the calendar month view, and once selected will display all the event's details. Our school's staff, parents and children will be kept well informed with school news and events.

News item are entered as a feature story, and are also available as an RSS feed for website visitors who want to be updated automatically using email or their chosen RSS reader. News items are also entered from DEC and are updated regularly.

Newsletters are listed and accessed from your Newsletter page. The latest newsletter also appears on your homepage. They are organised each year so you can easily find current and past newsletters.

A search box is included so you will never have trouble finding what you need. Results will appear in a search results page for easy viewing.

The website offers:

- The school calendar with events that affect parents and students;
- The latest school newsletter and archived newsletters;
- School News items about recent events and DEC news items;
- RSS Feeds;
- A photo gallery of recent school events;
- The school prospectus;
- Important forms and notes that affect your child.
Yr 8: Archie, Emma and Jessica.
Absent – Andrew

Yr 9: Lachlan, Luke, Jacob & Finn

Yr10: Geno, Stephanie, Ben, & Alexander

Yr11: James, Dominic, Weillon, Eldrinn, Cayleigh & Georgia

Yr 12: Back row: Mr Chapple, Ben, Mohan, Chris, Andrew and Michael
Front row: Emma, Rachel, Jacqueline, Kate & Ashleigh
Port Hacking Zone Swimming Carnival

On 18th February Caringbah High’s swim team attended the Port Hacking Zone carnival. It started off as a grey old day but as the day progressed the sun came out and really warmed up. In total we had 59 competitors across all ages and we were able to fill almost all events with some competitors having an extremely busy day!

At the time of writing we are yet to receive confirmation of broken records but as we eagerly watched the electronic timing board it is anticipated that several swimmers have made it into the record books. As the day progressed it was pleasing to see 8 of our 12 relay teams progress through to the Sydney East carnival which was held on the 11th March. Overall Caringbah High did very well throughout the day and managed to place third overall behind Woolooware and Cronulla. My special congratulations to our Zone Age Champions Alexander, Catrina and Kathy, well done!! Good luck to all our swimmers competing in the Regional carnival.

Age champions:
- 13 years boys – Alexander
- 14 years girls – Catrina
- 16 years girls – Kathy

Girls’ knockout Volleyball Competition

On Friday 22nd February, the Caringbah High Girls’ Volleyball Team prepared themselves for the Open Girls’ Knockout Volleyball competition. After “weeks” of “training”, we arrived at the Homebush Indoor Sports Centre to put our skills to the test against other schools - it all came down to this day.

Our first opponents for the day were Kingsgrove High (which, for the record, we dominated during the practice games). Unfortunately, we were badly beaten by them, losing the first set 25-8 and the second 25-4. However, this loss didn’t discourage our spirits, and we became more determined than ever to step up our game in the second match against St George Girls’ High. Sure enough, Caringbah High girls’ managed to pull off an effortless comeback from its defeat against Kingsgrove High and claimed its first victory against St George Girls’ High with a dominating straight 2 set win. Nonetheless, both teams showed exceptional skill, and we hope to encounter St George Girls’ High again in the near future with another friendly match.

After a short lunch break, we were faced with our third and final opponent of the day - Woolooware High. Not only was this the decider that would determine the ultimate champions of the Shire, but with Mr Laurendet’s dignity on the line as an ex-teacher of Woolooware High, the pressure was on for Caringbah High girls’. An intense first and second set left both teams at a nail-biting tie, with everything relying on the third set. The score was neck-to-neck but unfortunately for us, Woolooware High managed to just barely steal a victory in the end with a score of 15-13 (don’t worry though - we’ll get you next time). However, we didn’t go home empty-handed: we may have lost the game, but we remained the true winners in the referee’s heart, as he admired our motivation, enthusiasm and team spirit, even if we had lost the point. What was even more important was that our victory against St George Girls’ High meant that Caringbah High girls’ reigned supreme as the best selective team (go nerds!).

A very special thank you to our coach Mr Laurendet for driving us to the venue and back, and especially for believing and having faith in us, even though we didn’t win as much as we had wanted to. Even so, it was a fun experience and we look forward to improving our skills and being able to compete against more schools in the future!
March 11th was an early start for Caringbah High school’s swim team. With the Port Hacking Zone bus leaving Cronulla High School just before 6am we were leaving our bus bay still in the dark. This year the Sydney East Carnival was held out at Homebush and was followed by the primary school carnival once we were finished.

The jump from Zone to Regional level saw form strokes being raced in 100m lengths only. As a school we did very well and 11 competitors are progressing through to the NSW CHS carnival, something that everyone should be very proud of! Making it through to State in our relay teams were the All Age Boys’ and the Girls’ 14 Years Relay Teams.

Special mention goes to Alexander, Connor, Kiani, Kathy and Catrina who all made it through to NSW CHS in individual events. Lastly, thanks to all the parents for their support of their children throughout the swimming program of 2013.

The NSW CHS carnival will be held over three days from Thursday, 4th April to Saturday 6th out at Homebush. Good luck to all our competitors!
Year 7 Camp

On 6\textsuperscript{th} March, Year 7 went on camp to the Great Aussie Bush Camp, at Tea Gardens. It was a really fun way to start the year and get to know the other people in our grade.

The only bad thing about the entire trip were the early mornings and the bus trip which was very long. However, after a stop at McDonald’s, where everyone ate as much as they could fit in… we were back on our way. As we arrived at camp it was really exciting and we found our tents, which were hot, dark, damp and very uncomfortable. We also met our great instructors who entertained us from the second we got there to the moment we left.

Some of the activities we took part in were: a duel flying fox where we could race each other over a lake, a giant swing 15 metres above the ground, the Vertical Challenge in which you climb up various poles and ladders with your friends helping you. There was also the extremely muddy Survivor Challenge, where you and a team of half your class race across mud on tyres and try not to fall in, canoeing, indoor rock climbing, and a great disco, even the teachers had a great time, we all loved watching Mr Hodson whizzing down the Flying Fox!!!

Although the food wasn’t great, I don’t think kangaroo patties are exactly the thing for Caringbah High kids, (although the teachers seemed to enjoy their food… I wonder why??) it kept us going and gave us the energy to run up and down the sand dunes for ages. We then formed ourselves into the shape of “Year 7” on the sand dunes. A GREAT symbol for a GREAT camp.

Year 7 would like to thank all the teachers that took us on this camp, Mr Hodson and Ms Rankin for all their efforts in putting the camp together, our fabulous instructors and our parents for paying for us to go on the trip. It was a very memorable camp and we can’t wait to experience “challenge by choice” again in Year 11.
Boys’ Open Knockout Volleyball Competition  

Michael Y12

On 20th February, the Caringbah High Volleyball Team headed off to Homebush to compete in the Sydney East Regional Volleyball Competition. After having many morning training sessions before school, our team was fairly determined and confident in our abilities. Our first game was up against Sydney Tech High, a team that we had lost to in the previous year in the first round. We were extremely eager to win this game as we could taste revenge. The game started off not as planned, having Jin being injured in the beginning set, after diving for the ball and hitting his head against another team mate causing a neck injury. Jin was carefully taken off the field for medical assistance. The game continued and now we were tremendously determined to win the game for our team mate Jin. It was a success; we had smashed Sydney Tech 2-0 in sets. At this moment we felt undefeatable as we had just beat our number 1 rival, but we couldn't get too ahead of ourselves as we had to prepare for our next game against Tempe.

We went into the game unfamiliar with what to expect, and to our surprise we started pulling out with a lead. We kept that lead throughout the entire game beating them 2-0 in sets. At this point we were ecstatic as we made it into the finals and secured a spot in the next CHS State tournament. We were all surprised as to how far we had progressed in the competition, we were very proud of each other. Before the finals, the coach from Sydney Boys’ High held try outs for the Sydney East Regional Team. I tried out for a position in the team and was really surprised when I found out that I had been chosen to represent the Sydney East Region. My team mates were very supportive as they all congratulated me on my success and now it was time to face Sydney Boys’ High in the Finals. Whatever the outcome in our next game, we would not be disappointed as we had made it this far. The first set was particularly close as we were fighting for the set point, but it slipped through our fingers and the set went to Sydney Boys’ High. After losing this set we lost confidence in ourselves and entered the second set with a negative attitude. In the end we had lost the second set handing over the win to Sydney Boys’ High. We were very proud of ourselves as we knew that we had grown as a team and bonded over this amazing experience.

Our great success would not have been possible without our incredible coach, Mr Laurendet. On behalf of the team, I would like to thank you for coaching us and for your support throughout the competition, hopefully we can win the CHS State Tournament.

Girls’ Open Netball  

Kate Y12

On Tuesday, the 19th March Open Girls’ Netball Team headed down to Bellingara Netball courts in the hope of winning a few games and having fun. With virtually no warm up time we headed onto the courts only to be pleasantly surprised at our cohesive team. With both excellent shooting and defence, it was an easy win over Wylie Park. By half time however, the heat was becoming slightly unbearable and we were all keen for a rest in the shade.

Our second and final game was against Heathcote High. In what looked like an even match, the first three quarters was tiring as we continually tried to get the upper hand. At three quarter time we were only up by two and Ms Pearce gave an inspirational speech (she really just let her competitive side out) and gave us enough encouragement to continue in the heat. In the end, it was what we needed, winning comfortably by ten.

Our team now continues on to play in the Regional Tournament. Not until Term 3, the team is hoping to get a lot of training in and hopefully win some more games. We’d like to thank Ms Pearce, who without the day would not have been possible. Special thanks goes to Maddie of Year 10 for umpiring all day and to Mr Chapple for carpooling.
Open Boys’ Basketball  

In 2013 Caringbah High's basketball campaign got off to a strong start. On 4th March we played James Cook on our home ground and were victorious 40-11. Jackson was the top scorer with Charlie not too far behind.

The following Wednesday we were off to the central venue day at Sutherland stadium. At the end of this day the top two teams were off to Maitland to play in the State Championships. For our first game we drew Menai High. Against a team that reportedly had 7 representative players in it we did exceptionally well. At half time it was very close and we were down by four. After a strong start in the second half by Menai we never gave up and pushed to the end. In the end we lost by 10 but all agreed it was a very good game.

Well done to all the boys!! Special mention must go to Jackson, Ariya, Charlie and Leon who all had exceptional games.

Lawn Bowls Knockout Tournament  

On 8th March Lachlan, Samuel and I arrived at Taren Point Bowls Club at 8.30am before being briefed and given the draw for the day. The skies were clear and the bowling green dry providing perfect conditions for our first game against Woolooware High. Versing an inexperienced team provided us with ample time to warm up and get our aim in. Constant bowling on our behalf gave us the winning edge and the Caringbah High Team won with ease.

The second game was more challenging. We played against Jannali High, their all girls team providing great competition. The clear skies that were present earlier in the day had been replaced by dark clouds and a light drizzle. The wet grass caused the bowls to roll slower and curve differently. Our team adapted well to the conditions and were able to walk away victorious with a close win. As we walked towards our third game we noticed something wasn’t right. The Sylvania team stood proud in their white sneakers with perfectly flat soles, specialised lawn bowls shoes. This team was pro, consisting of two Sydney East Representatives and the NSW Champion. Although we tried, nothing could stop them from winning.

With two wins under our belts we headed to lunch and were informed we had made the semi-finals. Our semi’s was against Port Hacking High. It was a tense game and we were equally matched skill-wise. Remaining cool under pressure allowed our Caringbah High team to make a great comeback and win the game which successfully placed us into the grand final against the infamous Sylvania High team. As the grand final approached the green was silent and a small group of seniors looked on with anticipation. We put up a good fight against a highly skilled team and were happy to accept a 4 point loss knowing Sylvania would do our area proud in the next round. A special thanks to Mr Gerges for his constant encouragement throughout the day keeping nerves at the back of our minds and fun as a priority.
Year 11 Camp

Sophy Y11

On Wednesday 6th March at 7am, Year 11 set off for the Great Aussie Bush Camp in hopes of having a great time away from the stress and studies waiting for us back at home. Having been there in Year 7, I guess we all knew what to expect. However, going back to the Great Aussie Bush Camp after four years, things had changed quite a bit. Instead of having tents to sleep in, like in Year 7, we were upgraded to dorms. Yet the food was exactly how I remember it to be.

For the past three days at camp, we participated in challenging activities that were new to us. All the activities were extremely good fun, but there were two activities that I particularly enjoyed; Lost Island and Commando. Although Lost Island caused us to get really wet and muddy, it was all worth it as the course was incredibly good fun and allowed us to build up our teamwork skills. For Commando, we got to group into teams and attempted to rescue captives while the teachers tried to stop us in doing so. However, in the end, the students managed to outsmart the teachers and win Commando.

The four days quickly passed by, and I have to say it was the one of the most worthwhile camps, I've ever attended. I want to thank all the instructors and teachers who have helped make this experience as enjoyable as possible.
Year 12 Monster Day

Our Year 12 students have been studying Frankenstein and Blade runner for Module A of their HSC English Advanced course. They recently had a Dress Up Day in which they were asked to "come as a monster", as inspired by their study of these texts. As you can see, they all really got into the "spirit" of the day!!
Interact News

Caringbah High School's Interact club was formed in July 1997. It is a service club sponsored by Sylvania Rotary Club. Interact is your chance to make new friends, improve your community, develop leadership skills and make a difference in the world by carrying out service projects that you care about.

We support our school, our community, and Australian and International projects.

Flash Mob - Tuesday, 12th March, students and staff were treated to a Flash Mob under the COLA at exactly 1:23pm. Prior to the mob a group of 30 excited, nervous and somewhat reluctant Interact members had been meeting up for 6 weeks to practice and perfect an amazing dance routine under the watchful eye of Emily of Year 11. The hours that were spent practicing in the school hall finally payed off on the day of the flash mob and we are sure that it will be a long time before Caringbah High forgets about it especially with all the videos that were taken. The purpose of this activity was to advertise this school group and the next event The World's Greatest Shave.

World’s Greatest Shave – Friday, 15th March, Interact prepared for another major event - The World’s Greatest Shave! The Year 9 SRC elected members Finn, Jacob, Lachlan and Luke, kindly put their heads forwards for the amazing cause and I’m pretty sure that it wasn’t just Lachlan, but all of Year 9 that became emotional when his final strand of hair was cut off by Mr Alexander. Two bags of Finn’s beautiful golden locks were auctioned off, one bag fetching $52 alone. We also had several hairspray stalls running for a gold coin donation and pretty soon, the school was filled with brightly coloured heads. Personal favourites were Ms Tickner’s red, blue and white stripes. The World’s Greatest Shave wouldn’t have been possible without the support of Sylvania Rotary, Mrs Volas, Mrs Tickner and the Caringbah community. Approximately $1400.00 was raised.
Year 7 Robotics

The past few weeks, 7 Red has been doing Robotics in Science. It was a great experience that we all enjoyed. It was my third time doing robotics and definitely the best. We were allowed to design our robots however we wished. My group made a racing car that was controlled by a remote control. Problems that we faced were that there were not enough pieces in our kit to build the robot that we designed perfectly and that we programmed the robot incorrectly and it was not steering. I enjoyed robotics as it is a good way to get us problem solving and thinking outside the box. Thanks to Mr Gerges and the Science department for giving us the opportunity to do Robotics this year.
Dear Friends,

Our next P&C meeting will be held on Tuesday 26 March, 2013. This meeting will be the Annual General Meeting of the P&C, it’s quite important that we start to get some new parents involved in the P&C executive as many of the current executive are coming to the end of their time at Caringbah High.

Please note that our meetings are held on the last Tuesday of every month (excepting school holidays), in the Library Meeting Room, which is directly behind the bus-bay, opposite the intersection with Coolabah Place.

The usual meeting format is as follows:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tr>
<td>7.00pm - 7.30pm</td>
<td>Coffee and Chat</td>
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<tr>
<td>7.30pm - 8.15pm</td>
<td>P&amp;C Meeting (including Principal’s Report)</td>
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<tr>
<td>8.15pm - 9.00pm</td>
<td>Speaker’s Presentation and Discussion</td>
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We aim to finish no later than 9.00pm.

Our Year 7 Parents evening was again a great success our thanks go to the staff who attended, the parents appreciated the opportunity to get to know their children’s teachers.

Please note the following dates and join us for the whole meeting, or if time is limited, just come along for the speaker's session. Some of this year’s presentations are in the planning stage, so there may be one or two changes.

We look forward to seeing you there.

John Atkins (P&C President)

Vice Presidents: Violet Roumeliotis
Kerry Burns
Treasurer: Karen Kutcher
Secretary: Barry Munns

Possible Meeting Schedule for 2013

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>March 26</td>
<td>AGM and data analysis of student performances</td>
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<tr>
<td>May 28</td>
<td>Year 12 Panel</td>
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<tr>
<td>June 25</td>
<td>Subject Choices and Career Planning</td>
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<td>July 30</td>
<td>Current School Programs and Initiatives</td>
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<td>August 27</td>
<td>Tertiary Options</td>
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<td>October 29</td>
<td>Keeping Kids Safe</td>
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<tr>
<td>November 26</td>
<td>2014 Planning</td>
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Dear Parents and Caregivers,

We will no longer print a school newsletter. Instead, we will provide a copy on our website under online learning in our MOODLE site. Under the Department’s guidelines, surnames of students will not be published on a ‘public’ internet site. However, with password protection, we will be advertising names on the MOODLE page.

The login for parent access to Moodle is:

Username is:
Password is:

We will provide a limited number of printed newsletters that can be obtained from the Administration building.
Helping students get ready for the NAPLAN tests

The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it’s best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

During the second week of May Australian children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). The stated purpose of this testing program is to gain an overall picture of educational attainment levels to assist education policy and decision-making.

The program first implemented in 2008 has drawn some criticism from a number of different quarters, particularly in regard to the use of the information gained through the NAPLAN tests. You’ve probably heard a number of different viewpoints expressed in the media over the last few weeks.

As a parent it helps your child, if you take a positive view of the NAPLAN tests. It’s better to see them as learning opportunities for kids as well as opportunities to overcome any anxieties or nerves that these tests may bring on. It’s also worth remembering that many children don’t stress over these tests. The vast majority take them in their stride, wondering what all the fuss is about.

Whether your child stresses or takes them in their stride here are some tips to help prepare for the NAPLAN tests:

1. Take your cues from your child: If your child doesn’t worry about them then neither should you. Be careful not to create a problem that doesn’t exist by incessantly talking about, or worse, worrying about the test.

2. Focus on doing their best & trying hard: Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results. The only pressure on kids should be to try hard rather than to do well.

3. Listen to any concerns they have: If your child confesses to some nerves then validate their feelings, rather than shut them down with a ‘get over it’ response. “Yes, sometimes tests can be a little scary, but they get easier every time you take them.” Use this as an opportunity to develop some emotional smarts, which starts with recognising how kids feel.

4. Give them some relaxation ideas: Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.

5. Help them retain their perspective: One way to help children who become excessively anxious about an event is to ask what’s the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.

A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it’s going on school camp, joining a new club or sitting a NAPLAN test.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to help them handle the pressure rather than avoid it. The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it’s best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago, through his research into children’s thinking styles, how closely a child’s explanatory style mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. The impact of a parent’s explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.
中国家长教育项目
汉语普通话
Chinese Parents Education Project
In Mandarin
An Initiative of the Caringbah High Parents & Citizens

Caringbah High School

地点：图书馆会客厅
地址：Willarong Road  Caringbah
日期：2013年5月8日（星期三）
时间：晚上7点至9点

2小时课程
针对家里有
12-18岁青少年的华裔家长

此讲座帮助家长：

- 帮助华裔家长了解青春期和青少年的快速成长；他们面临的身体和情绪方面的挑战；
- 讨论家长怎样辨认情绪并与青少年的情绪产生共鸣；家长如何从各个角度，提倡青少年在学习，体能和情商方面全面发展；
- 和家长探讨如何给与青少年适当的压力，以保证他们的精神健康。

如欲参加，须报名
学校办公室：02 9524 3859

本活动仅限成人及家长参加

A 2-hour session program aimed at Chinese parents with 12-18 year old teenagers

The project is designed to:

- Help Chinese parents to understand puberty and the rapid growth of teenagers. How teenagers are facing physical and emotional challenges.
- Discuss with parents how to emphasize and recognize their teenagers’ feelings and promote a holistic approach & balanced life academically, physically & emotionally.
- Explore with parents how to maintain teenagers’ mental health with appropriate pressure.

Bookings are essential

School office: 02 9524 3859

* Adults only
STUDY SKILLS TIP FOR MARCH: GETTING MOTIVATED

There is not one approach that will work for everyone. Here are some tips to get you started:

1. FOCUS ON THE FUTURE
What do you want to do when you finish school? What courses or careers are you interested in? Having a goal in mind can give you the incentive you need to ensure you get the marks that will be necessary. If you don’t know what you want to do, then focus on aiming for the best marks you can to give yourself as much choice as possible. If the end of school seems too far away, perhaps focus on improving your results in the future.

2. CONSIDER THE CONSEQUENCES
Some people are motivated by gaining pleasure while others are motivated by avoiding pain. If you are one of the latter, and are trying to get yourself to do some work, think about all the negative consequences that could occur if you do not do the work. Parents getting angry, getting in trouble at school, teachers not happy, bad marks, failing a subject… sometimes thinking about what could happen if you do not do the work is enough to get you started. There is also another consequence to consider, if the work is not done, the next lot of work could be even more difficult if earlier concepts are not understood!

3. WORK WITH OTHERS
Working with friends might be just what you need to get yourself going. But choose wisely, you need to make sure you are working with people who will actually work, not with people who will just talk or muck around. It doesn’t have to necessarily be a friend either, you might work well with a parent, or sibling, or neighbour for example.

4. SEEK HELP
If the reason you are not motivated is that you don’t know how to study or how to do the work, then seek help. Find someone who can assist you to make the task more achievable. Friends, family, teachers…there are lots of options.

5. JUST DO ONE LITTLE BIT TO START
Sometimes the hardest part is just starting the work, so try doing just one tiny little step, just one piece. If you have ever had the experience where you stressed and agonized over starting a piece of work, then when you finally started it wasn’t nearly as bad as you expected, remind yourself of this. Often we waste more time worrying about not doing the work than the time it would take to do the work!

For more information on Developing Motivation go to www.studyskillshandbook.com.au and log in with the school’s username and password.

Dyslexia Support Group

Do you have a child with Dyslexia?

Do you want to meet other families who are in a similar situation? The Dyslexia Support Group for the Sutherland Shire and St George area is a forum where parents can talk, exchange ideas, information, resources and experiences with other parents. This support group keeps in contact via email, phone and meeting over coffee on the 4th Monday of the month at 10.30am at a café in Sutherland. If you are interested as a parent or as professional in attending the meetings or going on the email list please call Paula Goulden on 9528 4638 or email psgoulden@tpg.com.au
We need your help to help the women of Cambodia

*** Cycle 1,050 kms over 7 days through regional Cambodia ***

In Cambodia, there is virtually no access to expert medical care. For example, women with gynecological infections leading to cancer, but with insufficient money to travel overseas for help are currently unable to get even a diagnosis, let alone any treatment. In fact, in Cambodia less than 7% of the rural population has access to any kind of even basic medical care.

We are raising money to build the first women’s hospital in Cambodia - Nokor Tep Hospital. The Ride for Nokor Tep is one of a number of fund-raising initiatives in place to realise the Nokor Tep Hospital vision. While we are seeking major Corporate sponsors for the ride, we are also seeking donations from anyone - and for any amount. Every dollar will help us to build Nokor Tep Hospital.

Riders and sponsors required

For more information see:  www.nokor-tep.net/index.php/bikeathon-2013
Contact:  Steve Jones - Mobile: 0447 773 755 - email: stevesg2009@gmail.c

Parenting in a Digital Age
Community Education Evening
Monday 8th April 7.30 – 9.00pm

Presented by Southern Community Welfare in the Gymea Baptist Church Auditorium.

In every era parents are faced with new challenges in guiding their children. With the introduction of radio and television, families had years to adjust and pass on wisdom about how and what information their children could be exposed to. The use of the internet has spread so widely and quickly that parents, educators and researchers have had very little time to explore the growing impacts of the use and overuse of this technology on our young people.

The Sydney Morning Herald
HSC and Careers Expo 2013

Thursday 30 May and Friday 31 May
Saturday 1 June and Sunday 2 June
10am-3pm Royal Hall of Industries, Moore Park

The Sydney Morning Herald HSC and Careers Expo brings together over 140 exhibitors providing HSC, tertiary course, career, study skills and gap year information and resources. Exhibitors include Australia’s major universities.

The Expo also features 120 seminars on HSC subjects including English and Maths, tertiary courses, career and study advice. Admission is $10 or $25 for families of 3 or more (children 14 and under free) and is valid for all 4 days of the Expo. Admission includes seminars and The Sydney Morning Herald*. (*whilst stocks last)

For more details see The Expo Visitor Guide in the Sydney Morning Herald on Tuesday 28th May or hscandcareers.com.au
Facts:

1. During school travel times, there are around 3 young high school student casualties each week on NSW roads.

2. In country areas most young high school casualties are passengers, while in metropolitan areas they are more likely to be pedestrians.

3. The number of road casualties during school travel times increases during the first years of high school.

4. Young high school students are more likely to be a road casualty during school travel times than in any other time period, including holidays and weekends during school term. (RTA, NSW 2008)

| Weekends during school term | 93 |
| Holidays | 120 |
| School travel times | 125 |

Road user casualties of 12-14 year olds, NSW (2006-2008 Average). Source: RTA

Why is travel to and from school risky for new high school students?

Lower levels of adult supervision mean it is important for young people to begin to take responsibility and learn how to manage their own safety as well as looking out for their peers.

Using public transport may be new for many Year 7 students and they need to develop skills in travelling by bus and train.

Rushing to catch public transport to avoid being late for school, to meet up with friends or to catch their bus or train home can mean making quick decisions without thinking about safety around crowded stations and bus stops.

Longer distances and travel times are often involved in travelling to and from high school.

Longer hours at school and heavier school bags can be tiring and can affect a young person's ability to pay attention to safety, especially on the way home.

New friends, talking and texting on mobile phones and using MP3 players are a real distraction for young people and peer pressure may influence them to act less safely.

School drop off and pick up times are busy with heavy traffic and lots of pedestrians.

For further information about youth injury prevention contact Youthsafe on (02) 9809 4615 or check the website: www.youthsafe.org
Regularly discuss with young people risks they face when travelling to high school and how to cope with these risks. Make some journeys to school with them to help identify the safest route, injury risks and ways of safely managing their travel. Have a back up plan of what to do if something goes wrong during the journey.

Young teenagers are **PEDESTRIANS** for at least some of their journey so remind them that...

- They need to stop, look, listen and think every time they cross the road.
- Pedestrian crossings, refuges and crossings with traffic lights should be used, however they still need to be careful as cars do not always stop.
- Crossing from between parked cars or behind buses is dangerous and not on.

If young teenagers are starting to **CATCH THE BUS OR TRAIN** suggest they...

- Wait for a bus well back from the road and wait for a train behind the platform’s yellow line.
- Let a bus or train go rather than take risks rushing to catch one – a back up plan is vital here.
- Hold on when standing and keep clear of windows and doors, especially when doors are opening or closing.
- Follow the Code of Conduct sent out with transport passes - mucking up puts everyone at risk.
- Travel quietly on the bus so that the driver can concentrate.
- Wait until the bus has gone so they can see and be seen before crossing the road.
- Remember train tracks are always ‘no go’ zones.
- Obey warnings at level crossings, use pedestrian crossings if available and always stop, look, listen and think before crossing.

If young teenagers **TRAVEL BY CAR** they should...

- Understand that it is the law to wear a seatbelt.
- Discuss their travel arrangements with you before accepting a lift.
- Be a responsible passenger by not distracting the driver.
- Say something if the driver starts taking risks, such as speeding.
- Reduce the risks by getting out of the car on the kerb side, not the traffic side, and crossing the road only when there is a clear view and it is safe to cross.

If young teenagers **RIDE A BIKE** explain that...

- It is the law to wear a helmet that complies with the Australian and New Zealand Standard (AS/NZ2063) when riding a bike in a public place. The helmet needs to be buckled and fit firmly so that it protects the forehead and won’t slip.
- They need to develop skills and understanding for riding in traffic environments.
- Wearing something reflective will make them more easily seen in traffic.
- Carrying a heavy bag will affect their ability to balance and steer the bike.
- They should use shared pedestrian/bike paths or bike lanes, where available.
- They need to check their bike regularly to ensure that the bike and brakes are in good order.

Youthsafe is supported by NSW Centre for Road Safety RTA and NSW Health
### CARINGBAH HIGH SCHOOL
### GALA MUSIC NIGHT 2012 RAFFLE DONORS

<table>
<thead>
<tr>
<th>Donation</th>
<th>Contact name</th>
<th>Company</th>
<th>Address</th>
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<tbody>
<tr>
<td>Sydney Harbour sightseeing cruise for 2 adults</td>
<td>Ezy Gasen</td>
<td>Magistic Cruises</td>
<td>32 The Promenade King Street Wharf 5 Sydney NSW 2000</td>
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<tr>
<td>Seafood Buffet for 2 at The Grove Restaurant, Stamford Plaza Sydney</td>
<td>Mr Leon Wood</td>
<td>Stamford Plaza Sydney Airport Hotel</td>
<td>Cnr Robey and O’Riordan Streets Mascot NSW 2020</td>
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<tr>
<td>Sparkling High Tea at Radisson Hotel Darling Harbour</td>
<td>Alex Nieuwenhuys</td>
<td>Radisson Hotel</td>
<td>72 Liverpool Street Darling Harbour NSW 2000</td>
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<tr>
<td>Cosmetics gift pack</td>
<td>Jacquie Hocking</td>
<td>Urban Rituelle</td>
<td>Unit 17, 59-63 Captain Cook Drive Carrying NSW 2229</td>
</tr>
<tr>
<td>2 prizes x Family pass tickets to National Maritime Museum</td>
<td>Jan McInnies</td>
<td>National Maritime Museum</td>
<td>2 Murray Street Darling Harbour NSW 2000</td>
</tr>
<tr>
<td>2 cinema tickets from IMAX cinema</td>
<td>Miya Spears</td>
<td>IMAX cinema</td>
<td>31 Wheat Road Darling Harbour NSW 2000</td>
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<tr>
<td>3 prizes x 2 free ice-creams at N2 Extreme Gelato</td>
<td>Mr Min Chai</td>
<td>N2 Extreme Gelato</td>
<td>43/1 Dixon St. Haymarket NSW 2000</td>
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<tr>
<td>4 prizes x Tickets for Laser games for 2 people at Zone 3 Laser Games</td>
<td>The Manager</td>
<td>Zone 3 Laser Games</td>
<td>3 Koonya Circuit Caringbah NSW 2229</td>
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**Term 1 2013**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Day</th>
<th>Event</th>
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<tbody>
<tr>
<td>26/3</td>
<td>A</td>
<td>Tues</td>
<td>P&amp;C Meeting 7.00pm/7.30pm start - Library</td>
</tr>
<tr>
<td>29/3</td>
<td>A</td>
<td>Fri</td>
<td>Good Friday</td>
</tr>
<tr>
<td>1/4</td>
<td>B</td>
<td>Mon</td>
<td>Easter Monday</td>
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<tr>
<td>2/4</td>
<td>B</td>
<td>Tues</td>
<td>Yr 12 Exams commence Yr 10 Exams commence</td>
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<tr>
<td>4/4</td>
<td>B</td>
<td>Thur</td>
<td>CHS NSW Swimming Carnival – Homebush (2 days)</td>
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<tr>
<td>11/4</td>
<td>A</td>
<td>Thur</td>
<td>Yrs 7 &amp; 10 immunisations</td>
</tr>
<tr>
<td>12/4</td>
<td>A</td>
<td>Fri</td>
<td><strong>Students Last Day Term 1</strong></td>
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**Term 2 2013**

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<tr>
<th>Date</th>
<th>Day</th>
<th>Day</th>
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<tbody>
<tr>
<td>29/4</td>
<td>B</td>
<td>Mon</td>
<td>School Development Day</td>
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<tr>
<td>30/4</td>
<td>B</td>
<td>Tues</td>
<td>School Development Day</td>
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<tr>
<td>1/5</td>
<td>B</td>
<td>Wed</td>
<td><strong>ALL Students return</strong> Pd 3 Assembly ANZAC</td>
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<tr>
<td>2/5</td>
<td>B</td>
<td>Thur</td>
<td>Pd 1 – Yr 7, Pd 2- Yr 8, Pd 3 Yr 9 – Bamboo Production</td>
</tr>
<tr>
<td>13/5</td>
<td>B</td>
<td>Mon</td>
<td>Year 11 exams commence (2 weeks)</td>
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<tr>
<td>14/5</td>
<td>B</td>
<td>Tues</td>
<td>NAPLAN test (3 days)</td>
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<tr>
<td>20/5</td>
<td>A</td>
<td>Mon</td>
<td>Yr 7 Boys &amp; Girls &amp; Yr 9 Boys vaccinations</td>
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<tr>
<td>28/5</td>
<td>B</td>
<td>Fri</td>
<td>School Athletics Carnival P&amp;C Meeting 7.00pm/7.30pm start - Library</td>
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<tr>
<td>29/5</td>
<td>B</td>
<td>Wed</td>
<td>7pm Singer’s Night (Music Interlude 2) (Hall)</td>
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<tr>
<td>31/5</td>
<td>B</td>
<td>Fri</td>
<td>Zone Cross Country at Miranda Park</td>
</tr>
<tr>
<td>3/6</td>
<td>A</td>
<td>Mon</td>
<td>Yr 11 U Turn the Wheel</td>
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